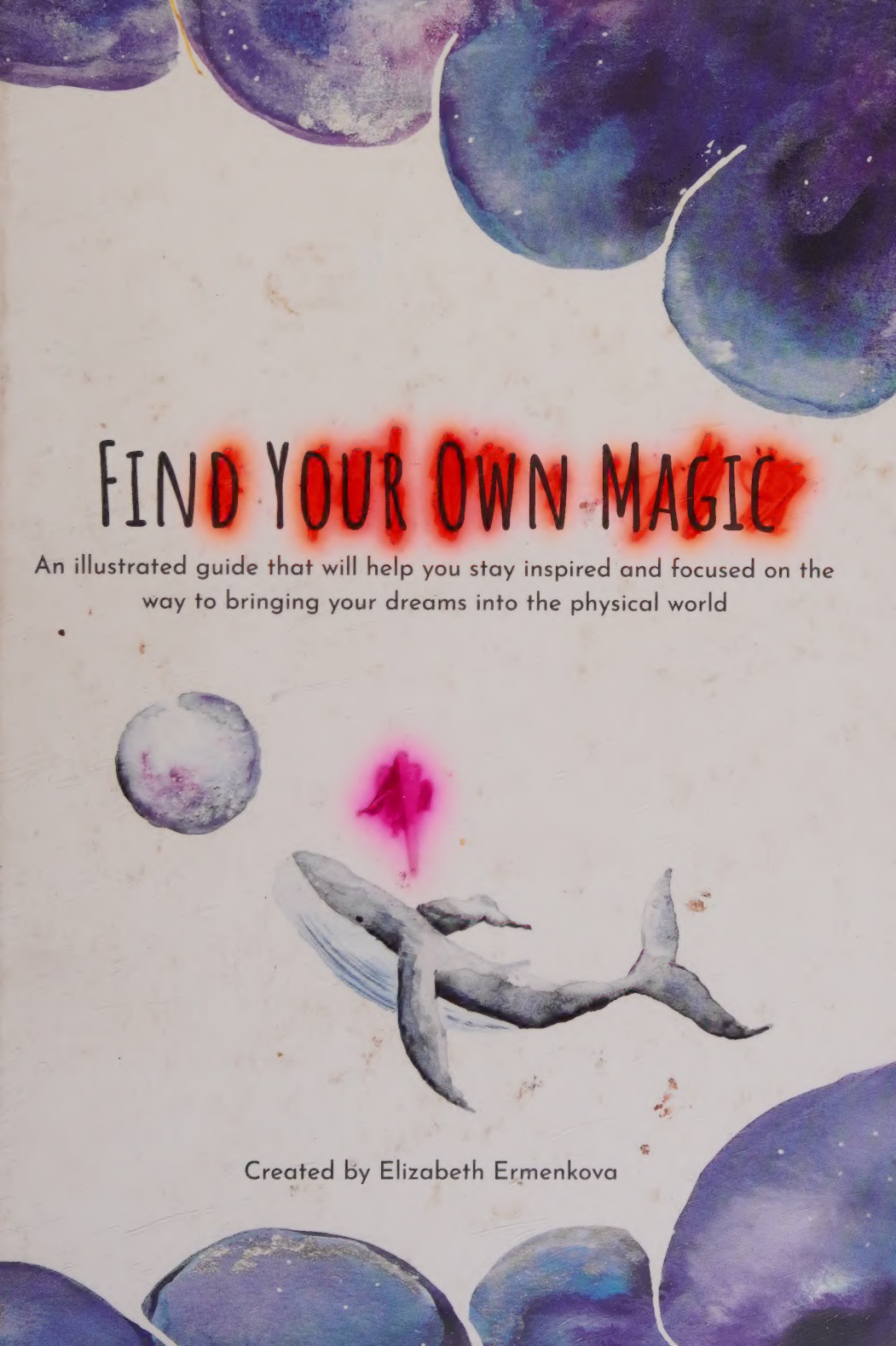


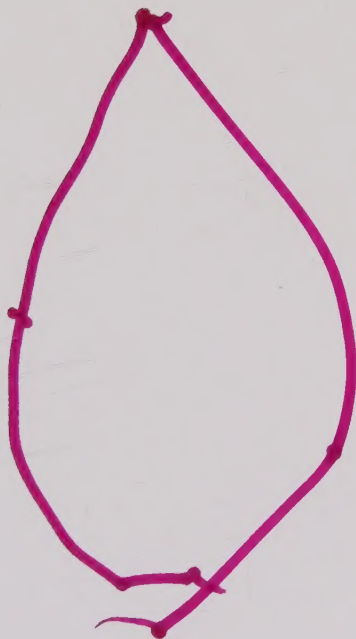
The background of the cover is a light cream color with a subtle, aged texture. Large, soft watercolor washes of deep blue and purple are positioned at the top and bottom edges, resembling celestial bodies or nebulae. In the center, a grey whale is depicted swimming towards the left. Above the whale's head is a small, vibrant pink starburst. To the left of the whale is a small, circular, light blue object with a darker blue center, resembling a planet or moon. The title 'FIND YOUR OWN MAGIC' is written in a bold, black, sans-serif font, with a red, glowing, flame-like effect behind the words.

# FIND YOUR OWN MAGIC

An illustrated guide that will help you stay inspired and focused on the way to bringing your dreams into the physical world

Created by Elizabeth Ermenkova







# FIND YOUR OWN MAGIC

Created by Elizabeth Ermenkova

## Disclaimer of information and content

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Author and illustrator: Elizabeth Ermenkova

Published in 2021 in Bulgaria by Elizabeth Ermenkova

[www.findyourownmagic.space](http://www.findyourownmagic.space)



You are about to set the beginning of a beautiful experience.

The book you're holding is a carefully created, illustrated guide that will help you stay inspired and focused on the way to bringing your dreams into the physical world.

Within it lies a journey of self discovery and growth which will push you to reveal new levels of well-being and happiness.

You will be challenged a lot. And provoked. And inspired.

And hopefully you will bring your best self to the surface and everything in your universe will align.

Find your own magic.



# How to experience the book

+ Be patient with yourself.

The book facilitates a continuous process of change and growth. It is based on different techniques that need to be implemented one after another in order to benefit and see results.

+ Take the initiative to act.

*Find Your Own Magic* is an active book. You are not only the reader but also the creator. You are responsible for your own effectiveness and happiness. Don't push yourself too hard but recognize and acknowledge that your life is a product of your own choices and efforts.

+ If you can believe it - you can achieve it.

Having trust in yourself is a critical step on the way to achieving your goals. Be aware and believe in the process.

You can start your journal at the beginning of any month of the year.

On the following pages you will find 12 sections. Each of them is dedicated to one month and contains:

## « BEGINNING »

Take a minute or two to look at the illustration and the title of each section. Notice how you feel and reflect on what they mean to you. Use the line below the title to keep track of time: 'The month of January, February, etc'.

## « CHALLENGE »

Each month begins with a challenge. Some of them will continue throughout the whole month while others can be done in an hour. Take these challenges as opportunities. They will accelerate your ability to manifest your intentions, optimize your creative potential and keep you moving towards your goals. If you happen to see great benefits from any of the challenges or just feel good about practicing them - embrace them for a longer period of time than specified in the journal. Make them a habit.



## « WEEKLY NOTES »

It's up to you how to use the *Weekly notes* pages. You can write down creative ideas, share memorable experiences, set weekly goals, track your progress or draw. Don't limit yourself.

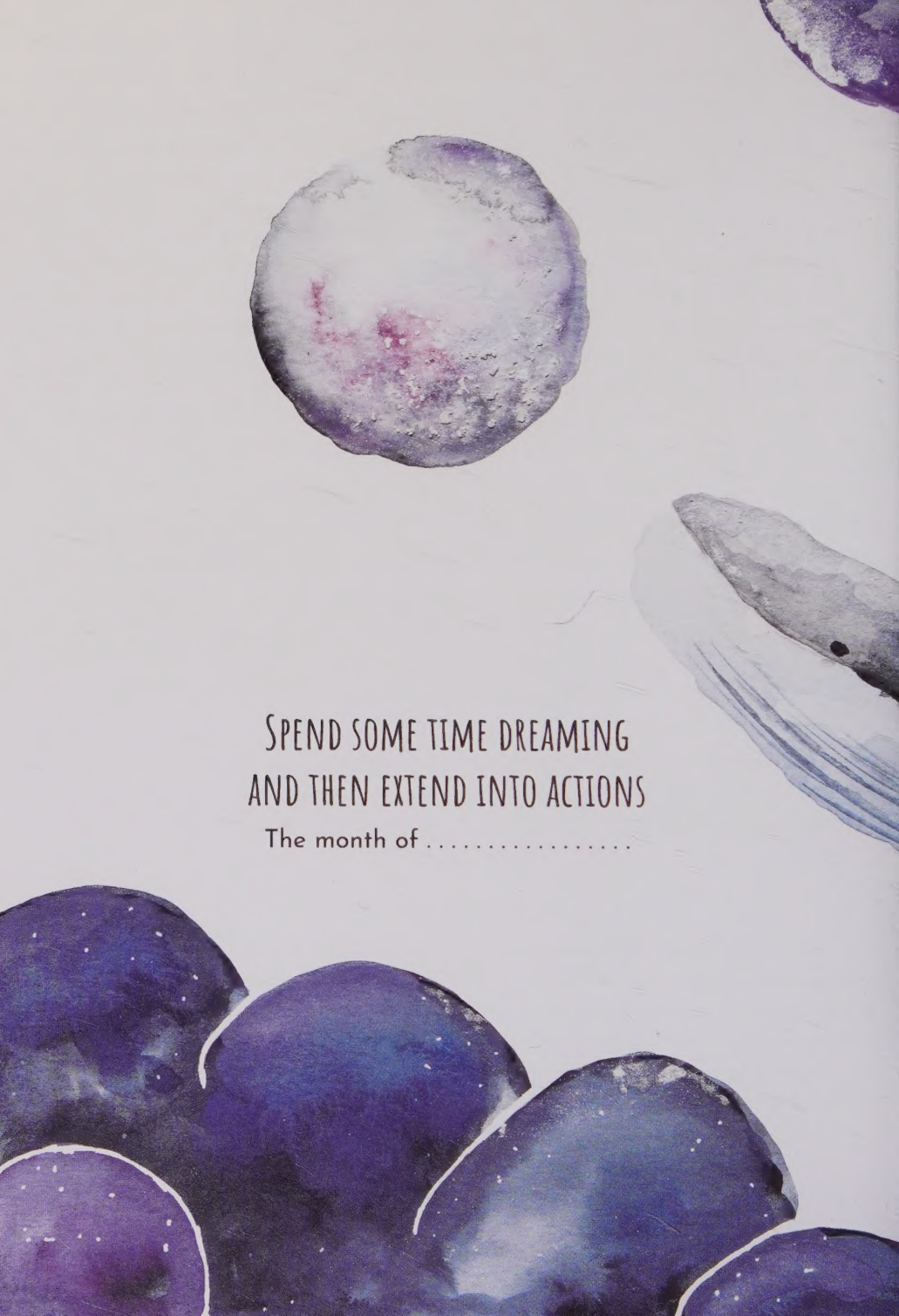
## « SELF REFLECTION »

We have to ask ourselves some important questions in order to navigate our emotions, to improve our ability of making small and large decisions, to know which decision is right for us, to be balanced and to heal. Take some time at the end of each month to answer the questions on the *Self Reflection* pages. Their purpose is to analyze, assimilate and acknowledge a certain situation and apply solutions. They will help you to spot threats and opportunities, improve your emotional intelligence and bring clarity to your decision-making process.

## « MAIN GOAL TRACKER »

In the first challenge you will write down the most desirable and meaningful goal you have. This will set the direction for your next 12 months. Take some time at the end of each month to answer the questions in the *Main Goal Tracker*. They will remind you to stay on track with your objectives, analyze your progress and help you move to the next step. The pages are blank so you can draw your ideas.

Let's go

A watercolor illustration featuring a large, textured, light purple and white circular shape in the upper center, resembling a planet or moon. To its right is a smaller, elongated, light purple and white shape. At the bottom, there are several overlapping, dark purple and blue circular shapes, some with white speckles, suggesting a starry sky or a cluster of planets. The background is a light, off-white color.

SPEND SOME TIME DREAMING  
AND THEN EXTEND INTO ACTIONS

The month of .....





May all your dreams come true  
/a powerful exercise of setting direction/



Imagine yourself one year from now. Describe your dream life as if it has already happened. Where are you writing from? Where have you been the past one year? What have you done? What have you achieved? How do you spend your time? How do you feel? How do you look? Be as specific as you can. Visualize in rich detail and involve your emotions and feelings.

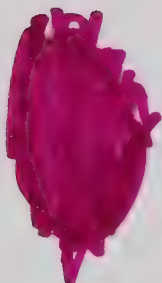
Start here:





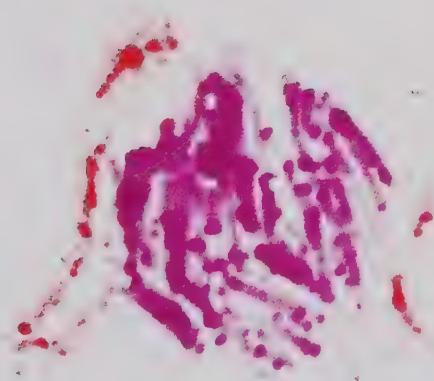
Now pick the most important and meaningful thing from your future life. Let's call it the 'Main Goal'. Plan your next days, weeks and months according to that goal. At the end of each section there will be two exclusive pages about it. Let's track your progress, see what more you can do about it and bring it to life as soon as possible. Write your Main Goal in a sentence here:

## Weekly Notes







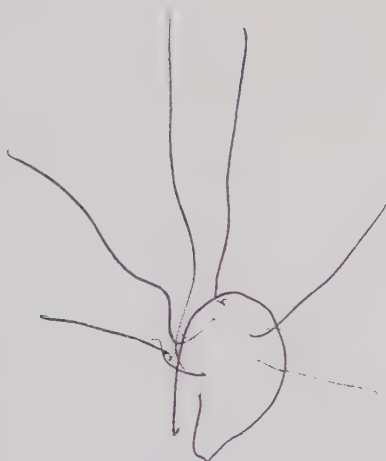


# Self Reflection

What would I do if I wasn't afraid of anything?



What do I fear most that's holding me back?  
What is this fear caused by?



How can I let go of this fear?



Dive in deep into your ocean of thoughts

## Monthly Main Goal Tracker

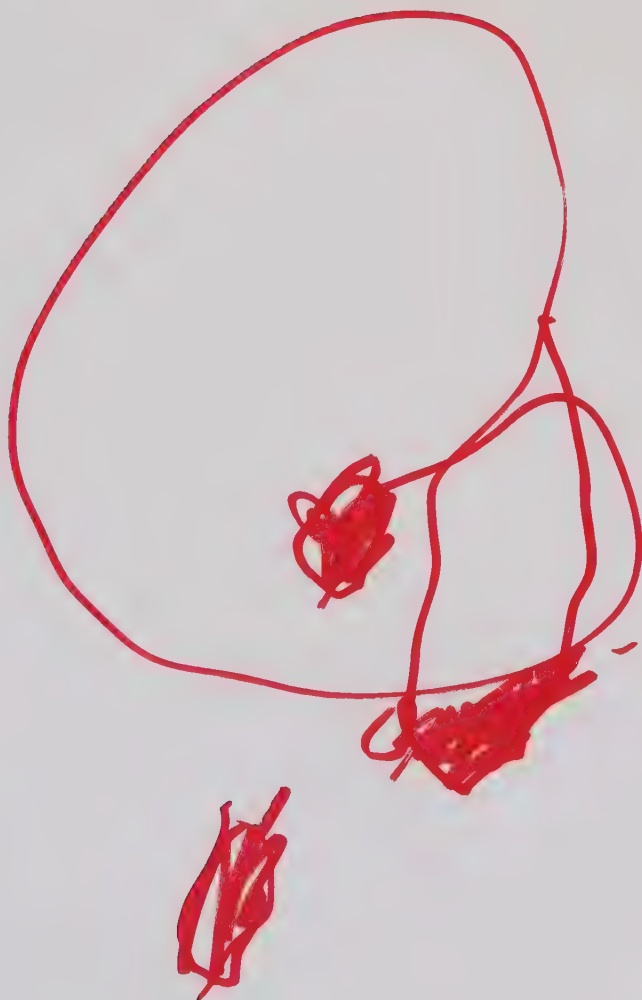
What actions did I take about my goal during the past few weeks?

Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*

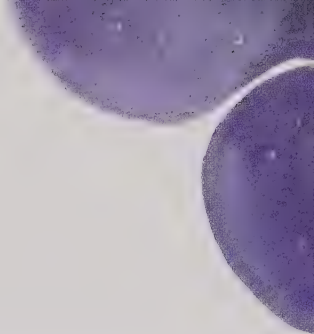




BELIEVE IN YOUR JOURNEY

The month of .....

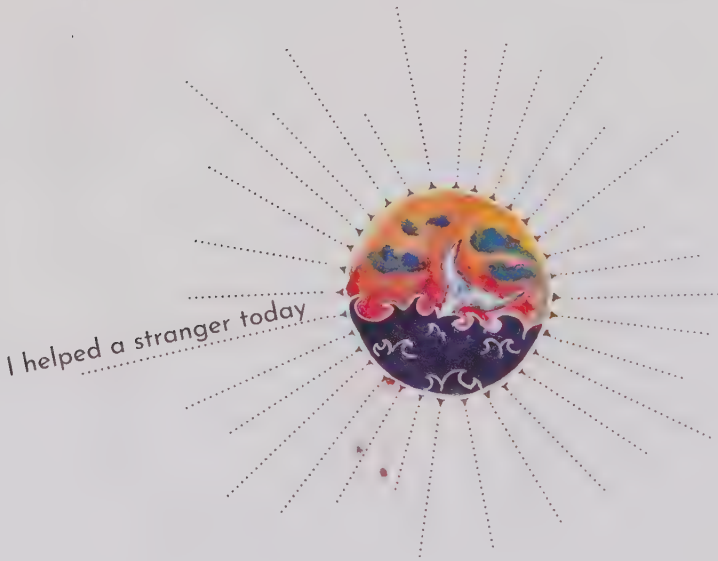


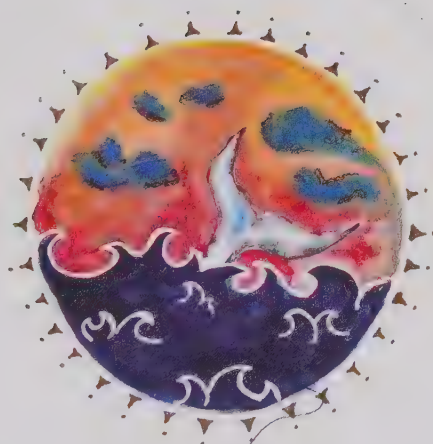


# Build your SUN

/mood tracker challenge/

Track your mood every day by drawing one ray of the sun on the next page. The longer the line - the happier you felt. Add notes next to the rays to remember what made you feel good or bad. When you complete your sun take some time to analyze what has influenced your mood the most and how. Here's an example:





# Weekly Notes







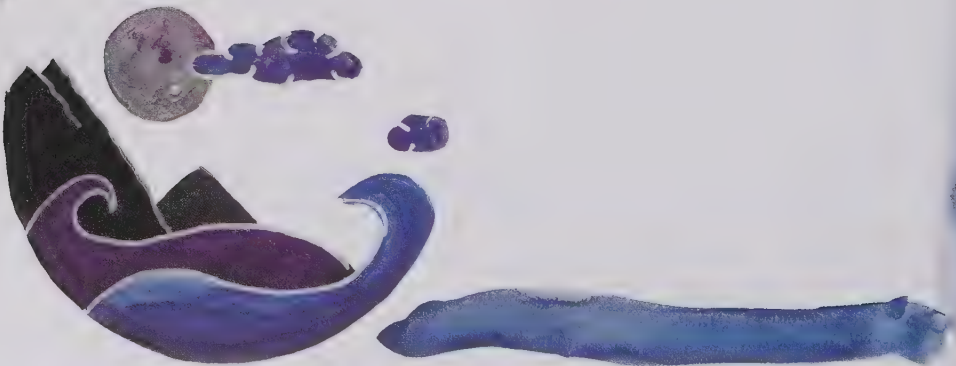




## Self Reflection

What are the top 10 things that make me smile that are free?

Which of these things do I need to spend more time doing?



Can I think of new sources of joy that will bring more  
excitement into my life?

## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?

Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*





TRUST THE MAGIC OF NEW BEGINNINGS

The month of .....



## Habit Tracker

Habits are powerful. They are the strong foundation of who we are and what we achieve. Set a habit for the next 30 days. It could be physical activities or eating healthy. Maybe you would like to read more? Or stick to some action related to your main goal? Whatever it is - write it in the blank spot in the upper right corner on the next page. Mark every day that you succeed in the boxes below. If you miss a day - leave the box empty. Use the left page for notes: what stops you from keeping on and why? Let's track your habit!

Notes:





'We are what we repeatedly do.  
Excellence, then, is not an act, but a habit.'  
- Aristotle



## Weekly Notes









## Self Reflection

What belief, habit or behaviour has improved my life the most and how?



What belief, habit or behaviour has been most harmful to me?  
How can I change it?

## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?

Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*



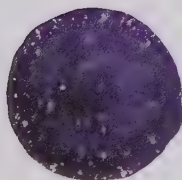






REMINDE YOURSELF TO PRACTICE COURAGE

The month of .....



Willpower challenge



Do you have the courage to  
live by your true values?  
Let's make it uncomfortable  
for a while.

Goal setting gives direction and focus. Deciding what you want for yourself is critically important for achieving anything, and so is defining who you want to be.

Do you want to be wise, confident, healthy, creative, brave, a person who is spreading love and kindness? What will make you a better human being? What are your core values and beliefs? What do you stand for? Fill in the lines below:

I want to be:

1.

2.

3.

Willpower is a muscle and it requires some training. Acting despite of your inner resistance has many benefits for your mental strength.

Here's an example of how you can train your willpower. If you want to be more active and fit - choose to go for a walk in the park instead of staying at home and watching a movie /even if you feel lazy or tired/, choose going up by climbing the stairs instead of taking the elevator. At the end of the day it's the little choices that will make a big difference.

Remind yourself of the things you've written above every day and try to apply them in different situations. Tolerate discomfort and pay attention to how you feel when you succeed, especially when it is hard.

# Weekly Notes





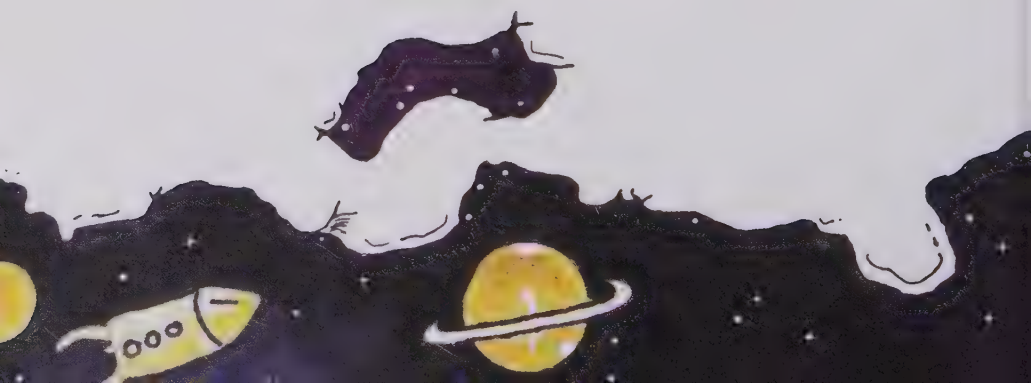




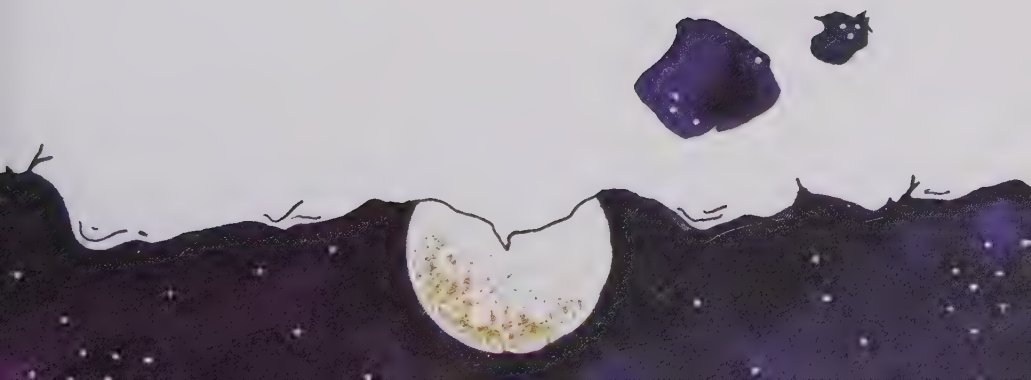


## Self Reflection

What small and big victories did I have when challenging my willpower the past few weeks? How did I feel? Should I practice this more often?



Which of my accomplishments in life are the result of stepping out of my comfort zone?



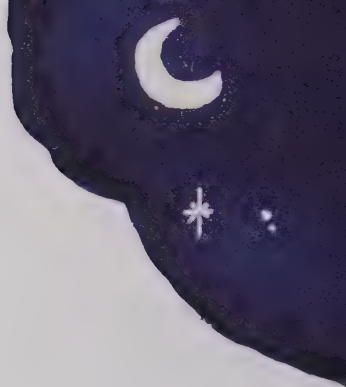
## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

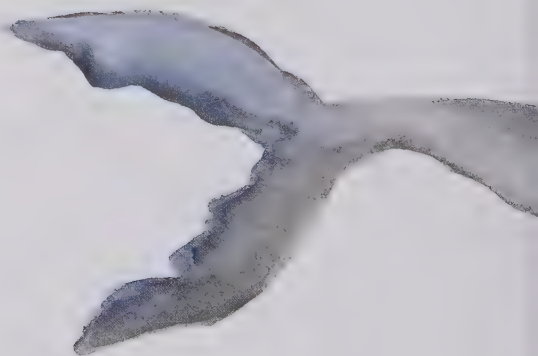
Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*



## STAY INSPIRED

The month of .....



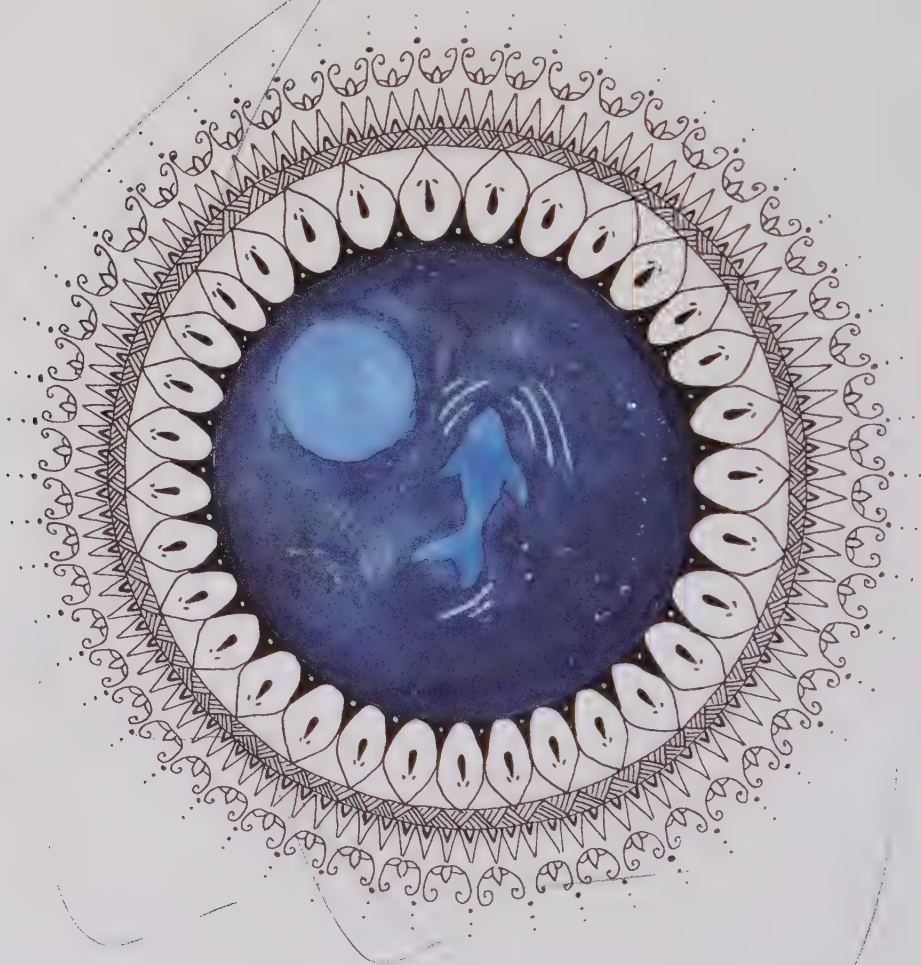
What about these beautiful creatures?  
Whales are the symbol of creativity, inner truth  
and emotional rebirth. They are associated with  
compassion and solitude. The exhalation through  
the blowhole represents the freeing of one's  
creative energy.

Miraculous.



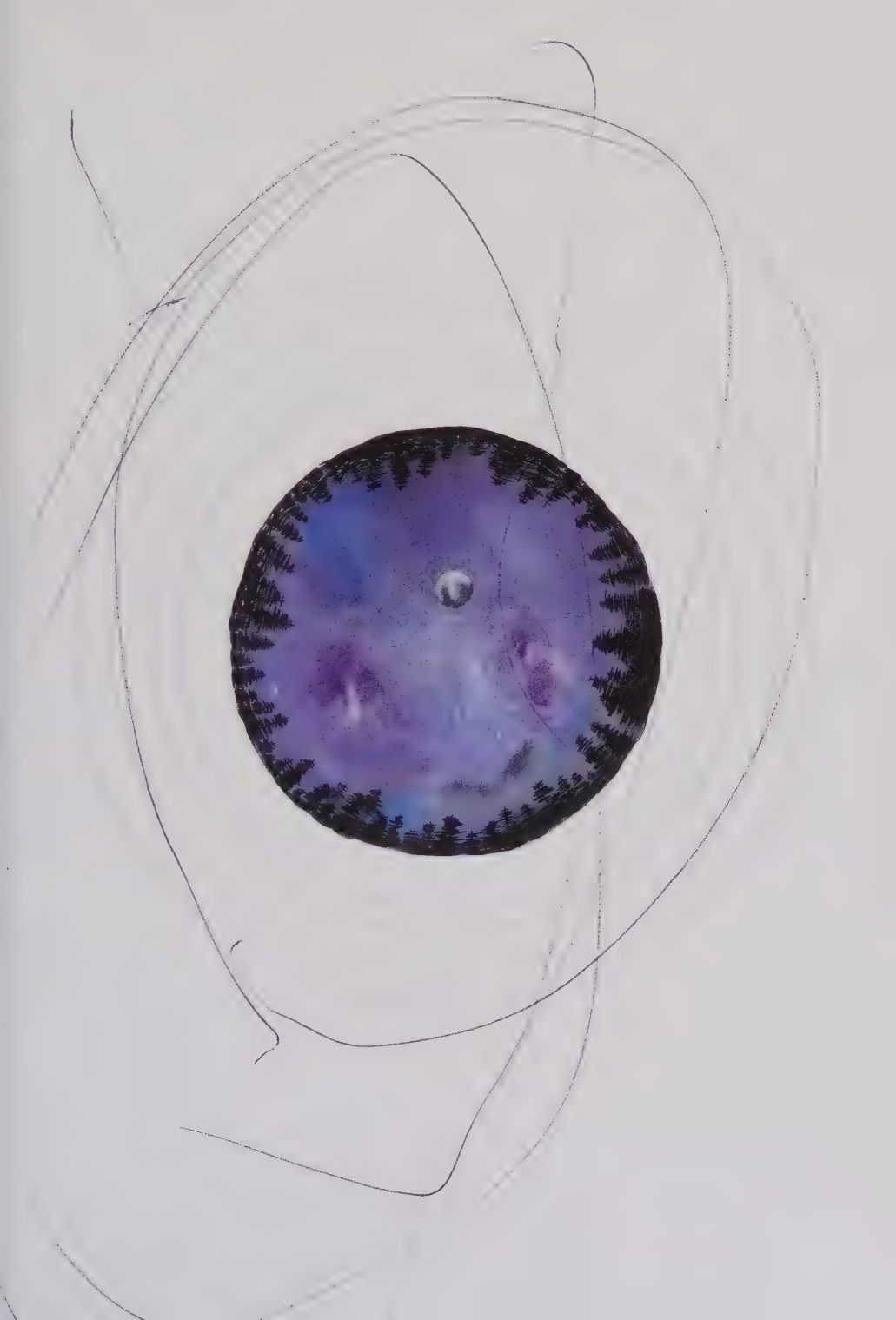
# Sacred circles

/art therapy and self-expression/



Draw your mandala.

It will help you find balance and peace. Fill in the circles on the right page with repetitive forms as shown above. Let your creativity flow.





# Weekly Notes







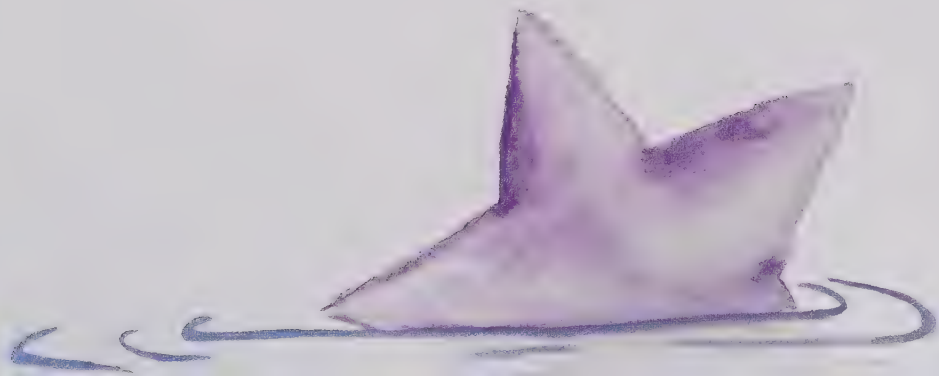


## Self Reflection

What are the best ideas I've ever had? How were they born?  
What inspired me?



Who inspires me to be a better person and how?



## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
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FOLLOW CURIOSITY  
The month of .....



Welcome surprise into your life  
/developing an attitude of curiosity/



'I have no special talent. I am only passionately curious.'  
- Albert Einstein

Little kids are fascinating with their natural curiosity. Coming into adulthood people often lose a big part of it. They start doing the same things in the same way over and over again without thinking about it. Going by the same route to work every day. Using the same approach in their business. And at some point they feel they've been stuck into a routine for years. That is what causes the perception that time 'flies by'.

The desire to learn and know about anything, to try different and new things has many benefits for all aspects in our life. Embracing an attitude of curiosity brings creativity, increases productivity, enables you to spot the opportunities in life. Studies have shown that it drives innovation, positive changes, open-communication and better performance.

Here's how you can cultivate your curiosity during the following month:

- + Choose a new activity or subject you are curious about, but have no experience with and set aside some time to explore it. You could sign up for classes but if you don't have time you could still self-educate by reading articles, listening to podcasts and watching videos.
- + Try different routes to work, school, gym etc. Choose different streets or means of transport.
- + When grocery shopping - look for a different food brand, a different flavour, pick up things you've never tried before.
- + Observe curious people around you. Allow them to lead you into new experiences.
- + Ask more questions.
- + Turn even small things into an experiment. What if you listen to a different genre of music today? What if you brush your teeth with the opposite hand for a few days?
- + Let yourself be amazed by everyday things.

# Weekly Notes











## Self Reflection

What are the questions I feel most curious about?

What is behind these questions? Why am I searching for these answers?

Do I let myself be surprised in life or do I prefer certainty?  
How do both make me feel?



## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*

WHAT I AM SEARCHING FOR  
IS SEARCHING FOR ME

The month of .....





# Living through all your senses

/mindfulness exercise about living in the moment/

Sometimes it's hard to slow down and notice many things in the busy world we are living in. Focusing our attention on the present moment and accepting it without judgement has so many benefits for our well-being, our physical and mental health. Let's experience the environment through all of our senses!





### 5 things that you can see

Look around and focus your attention on 5 things that are usually insignificant for you. Look for something small. It could be a shadow or a reflection, a tree leaf or even the clouds. Explore every aspect of its formation and interaction with the light. Focus on each for a minute or two.

### 4 things that you can feel

Bring awareness. What do you feel? Is it the soft breeze on your skin? Maybe the texture of your clothes, or an object you're touching with the tips of your fingers? Is it smooth or rough? Cold or hot? Hold your attention on these things for a few minutes.

### 3 things that you can hear

Listen around. Where are these sounds coming from? What is there in the background? Are there any birds singing or traffic noise? Dive in these sounds for a few minutes.

### 2 things that you can smell

Recognise and focus on the smells. It could be some flowers if you're staying outside, the smell of food coming from a restaurant or a perfume.

### 1 thing that you can taste

Sip a drink or take a bite and pay attention to the taste.

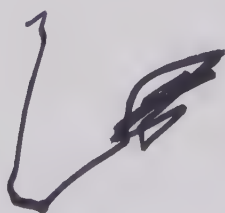
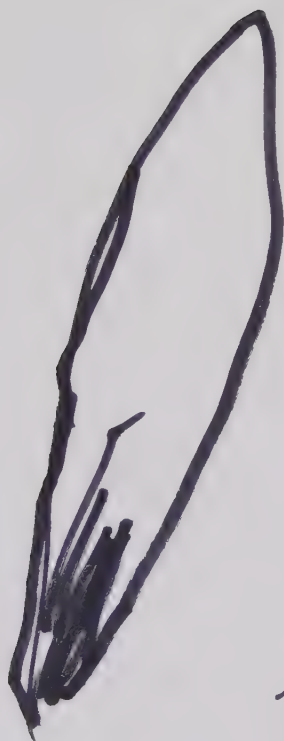
During the following month try to be more mindful and experience the present moment. Bring your attention to your sensations.







## Weekly Notes



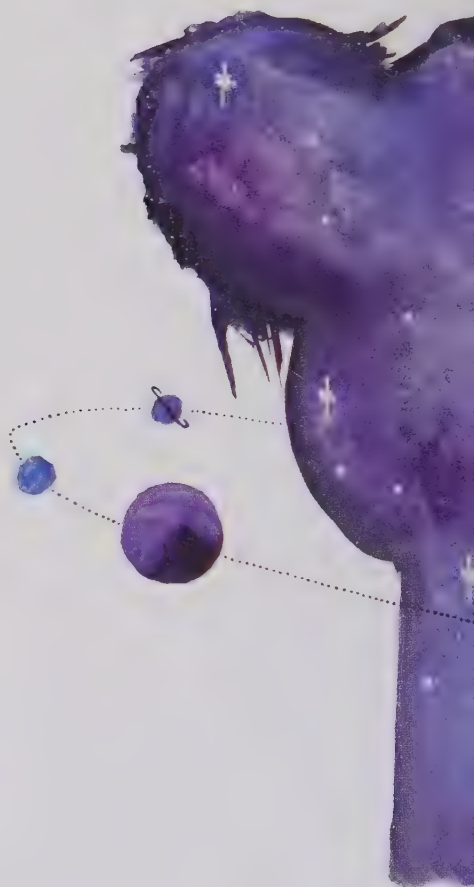




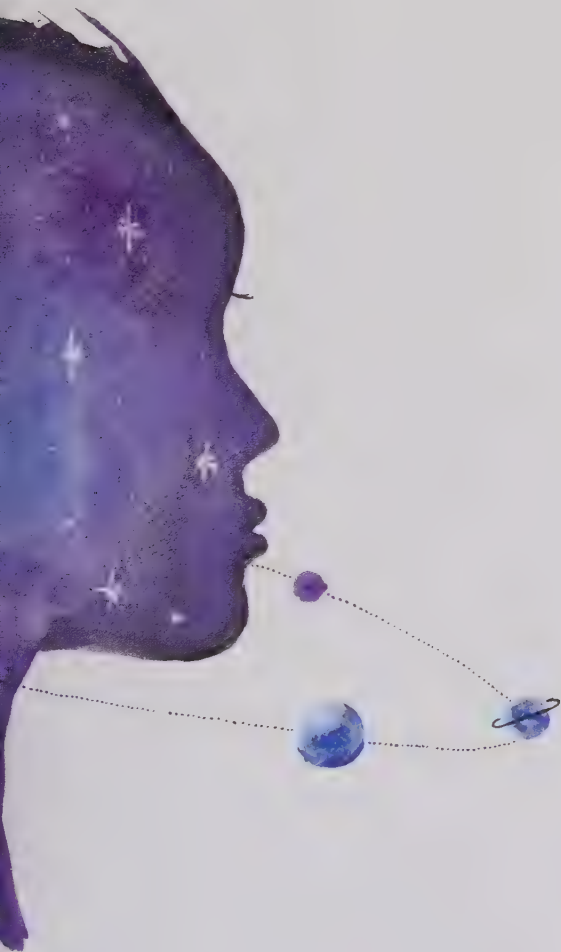
## Self Reflection

What makes me feel alive? Am I doing enough of it?

Have I done anything worth  
remembering lately?



What new experiences do I want to have?  
What will each of them bring into my life?



## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
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What is the next logical step? *Make an action plan for the next month.*





# STAY HUMBLE

The month of .....



# Gratitude Exercise



Gratitude is one of the most powerful human emotions. It's scientifically proven that the daily practice of being grateful will improve the quality of your life. It will increase your happiness and positive mood, improve your sleep, bring more satisfaction with work and relationships. You will develop patience and wisdom.

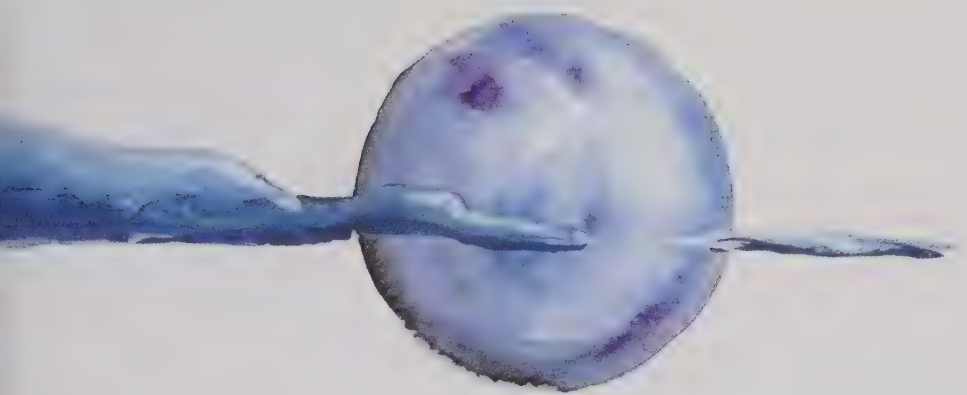
Every day write down in a sentence 3 things that you feel grateful for. Practice the exercise in the morning because it will set the tone for a positive day. Give yourself 5-10 minutes to think of people, events, places, achievements, objects or anything else you appreciate in your life.

Be specific and try to sincerely feel the emotion of being grateful.

Day 1

Day 2

Day 3



Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10



# Gratitude Exercise

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

# Weekly Notes







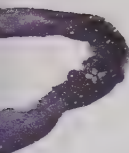






## Self Reflection

Who has helped me become the person I am today, and what's the most important thing I would thank them for?



What's one thing I experienced recently that made me feel a sense of wonder or awe?

If I didn't get what I wanted today, can I identify something that I got that's worth having?

## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
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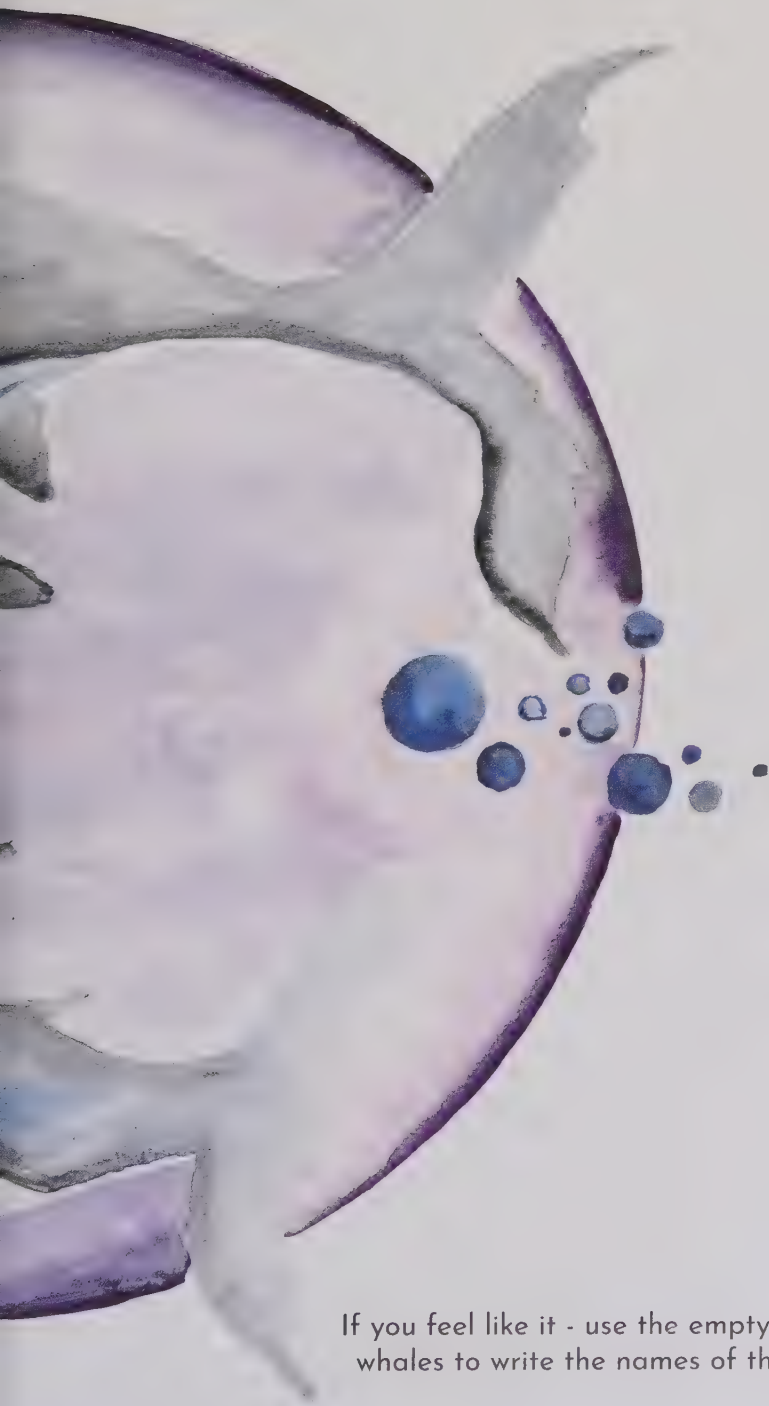
What is the next logical step? *Make an action plan for the next month.*

'WHEREVER YOU ARE AND WHATEVER YOU DO, BE IN LOVE'

-RUMI

The month of .....



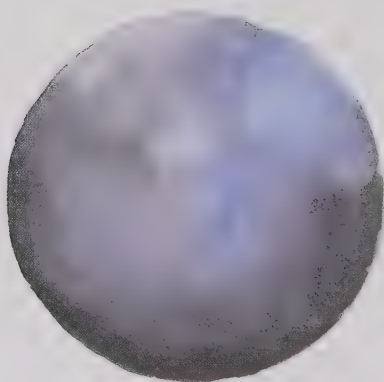


If you feel like it - use the empty space around the whales to write the names of the people you love.



Affirmations are statements that will help you make positive changes in your life.

Pick one for each day of the following week, repeat it as many times during the day as you can and believe in it. Fill in the empty ones with your own affirmations.



Everything is created twice in  
reality - once in our mind and  
then in the physical world.



Wellness is the natural  
state of my body

Life brings me only good  
experiences

# Weekly Notes









## Self Reflection

What have I done lately to help someone I love?

When was the last time I did something nice for a stranger?

How can I be more loving to others?





## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
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BRILLIANT THINGS CAN HAPPEN IN A MIND THAT IS CALM

The month of .....



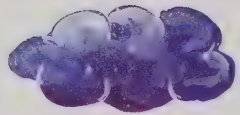
# Take a deep breath and slowly exhale

/meditation routine/

Did you know that there is one pretty consistent pattern in the lives of most of the successful people? Of all their habits and routines they often share one - some kind of daily meditation technique.

Science has proven that meditation reduces stress and anxiety, improves your focus and is a key component for a positive mood. In addition the daily practice of meditation results in better sleep, improves communication in relationships and enhances self-awareness. It generates self-kindness and could help in fighting some addictions. With meditation you will discover clarity, serenity and compassion.



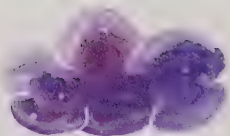


This month's challenge will be to develop a daily meditation routine. It is best to start early and practise first thing in the morning to set the beginning of a refreshed and mindful day. Another great time to meditate is at the end of the day to clear and calm your mind.

You can try different techniques to find out which one suits you most. There are some examples on the next page. After discovering the right one for yourself, try to stick to it. Track the days that you practise by ticking the boxes in the *Meditation Tracker*. If you miss out a day leave the box empty and write down what prevented you from practising in the notes below.

Here are some tips:

- + choose the same time and place every day
- + choose the most comfortable position - lotus, cross legged, in a sofa, a chair or a cushion, even lying down with your palms turned up
- + start every practise with paying attention to your breath and relaxing your body
- + get comfortable with discomfort - just recognise your emotions and sensations without resisting, allow them to come and go
- + after completing the practice try to keep the mindfulness with you throughout the day



## Ideas for meditation techniques:

**Guided meditation** - find a teacher online or download an app where someone will guide you through the practise. It is useful for beginners as it helps with keeping the mind focused.

**Unguided meditation** - stay quiet, calm, with eyes closed and pay attention to your thoughts, sensations and breath for 10, 15 or 20 minutes. You could play some tranquil music or sounds in the background.

**Body scan** - imagine a light coming from the cosmos that penetrates the top of your head. Slowly move that light through all the parts of your body including the organs and visualize how it loads you with health, love, energy and kindness. When the light reaches your legs it goes straight to the center of the Earth and then comes back again until reaching your head and back into the Universe.

**Visualization** - visualize one after another three things you feel extremely grateful for. They could be people, events or anything else from yesterday to your childhood. Try to sincerely feel the emotion. Be thankful. Calm your mind by focusing on your breath. Then imagine three outcomes in your life that will make you extremely happy. Visualize them as if they are already real and try to feel the emotions and sensations they bring with every cell of you body - excitement, love, peace, contentment or anything else.

**Loving kindness** - focus on your heart, you could even place your hands on your chest to feel it beating. Feel gratitude for it keeping you alive and imagine how it slowly loads up with so much love. Then visualize that separate rays of light are coming out of your heart and are going straight to the people you love, your friends and family and even strangers or someone you don't know so well. Send them love and blessings.

It is entirely individual which of all these practices will work best for you. You can combine them or customise your own.





# Meditation Tracker



Notes:



# Weekly Notes









## Self Reflection

Do I listen to my intuition? Where has it taken me to?



Where in my life do I find peace of mind? Is it in a particular place or during some activity, is it when being out in nature, taking a bath or anything else? Do I practise it regularly to give my mind the time it needs to heal?



## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?

Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*

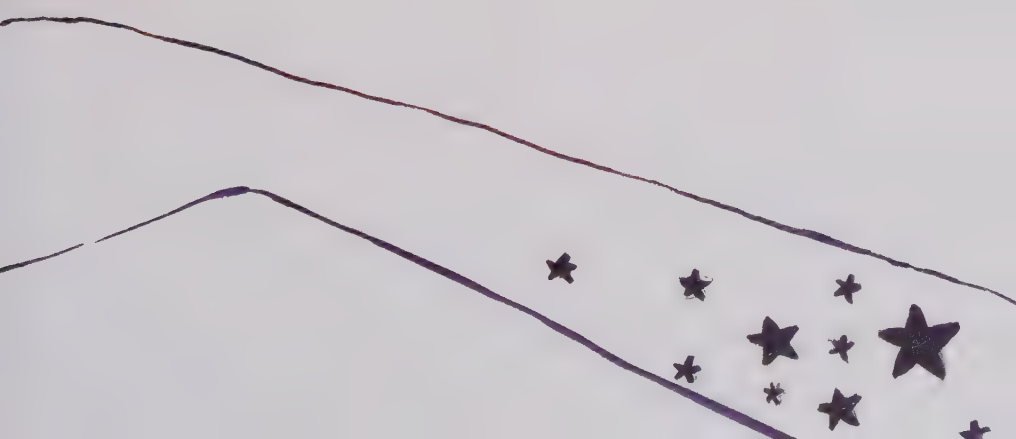






## GIVE TO RECEIVE

The month of .....



## A mentality of generosity

It is of a big importance to know that whatever we are doing is serving the world. That we give value.



Most people think about what they can take from the world. How to take more money from their clients, how to get more love and kindness from their partner, how to get more joy and entertainment during the time they spend with friends and family.

What if you start to think about what you can give? How can you provide your clients with a better product or service? How can you give more affection to your loved one? How can you contribute for more joyful and meaningful time spent with your friends and family?

Changing your mindset from a taker to a giver is unbelievably powerful. The way to receiving more is to give more.

Have you heard the phrase 'The hand that gives, gathers'? Think about your own life. Isn't the time that you have given most - the time you have received most?

In order to be blessed, we should send blessings to others. In order to be loved, we should love. Be a giver. Accept it as your way of being and see the remarkable effect of this mindset. In the long term you will feel more accomplished and fulfilled.

Challenge yourself for the next month to act like a giver. Don't be self-serving in your interactions. Instead - try to genuinely care about others, contribute, maybe volunteer.

Be thoughtful about who, how and when you help. Don't sacrifice yourself by saying yes to all requests. Balance your own ambitions in a way that will influence positively your environment and the people around you.



# Weekly Notes











## Self Reflection

Of all my relationships, which one would benefit most if I am more caring, compassionate and thoughtful?





How can I improve myself in a way that will at some point make the world a better place?

## Monthly Main Goal Tracker

What actions did I take about my goal during the past few weeks?  
Are they moving me forward?

If not - what can I change? If yes - what should I do more of?

Do I spend enough time and energy on my goal?

What is the next logical step? *Make an action plan for the next month.*



ALLOW THE UNEXPECTED

The month of .....





Here we are at the end of this journey. You took your energy, time and focus to better yourself. And I hope these efforts brought amazing results along with some little miracles in your life!

Take a look at the first pages. Do you remember what you wrote there? What was the dream life you craved for? Read it again. Then take a look at the rest of the book. Just let yourself remember and analyze in your mind everything you've been through this year, all the struggles and victories.

You are the author of this book. You wrote a whole year full of beautiful experiences. The last challenge will make some room for everything unexpected that is yet to come. To begin your next book you will close this one with this Self Evaluation exercise.

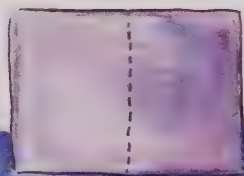
Take a piece of paper. Give it a title. If your past year was a novel how would you call it? Then think about what you've wanted about yourself and what you managed to achieve. How much closer to your dream life did you get? Or are you even living it right now? What did you learn? What did you improve about yourself and the people you love?

Pour your heart in it.

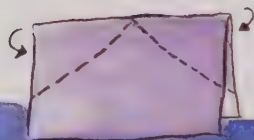
Now follow the instructions on the next pages. Fold your thoughts into a paper boat. If you felt the miraculous effect of the practices in the book - pass forward your inspiration to help someone else find theirs. Find out how in the next steps.



# Your 12-month Journey



Fold in half



Fold the corners

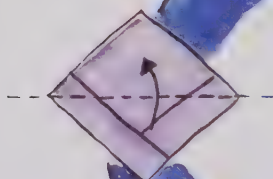


Fold up edges on both sides

Pull out the sides and flatten



Fold front and back layers up





Pull the sides  
apart and flatten

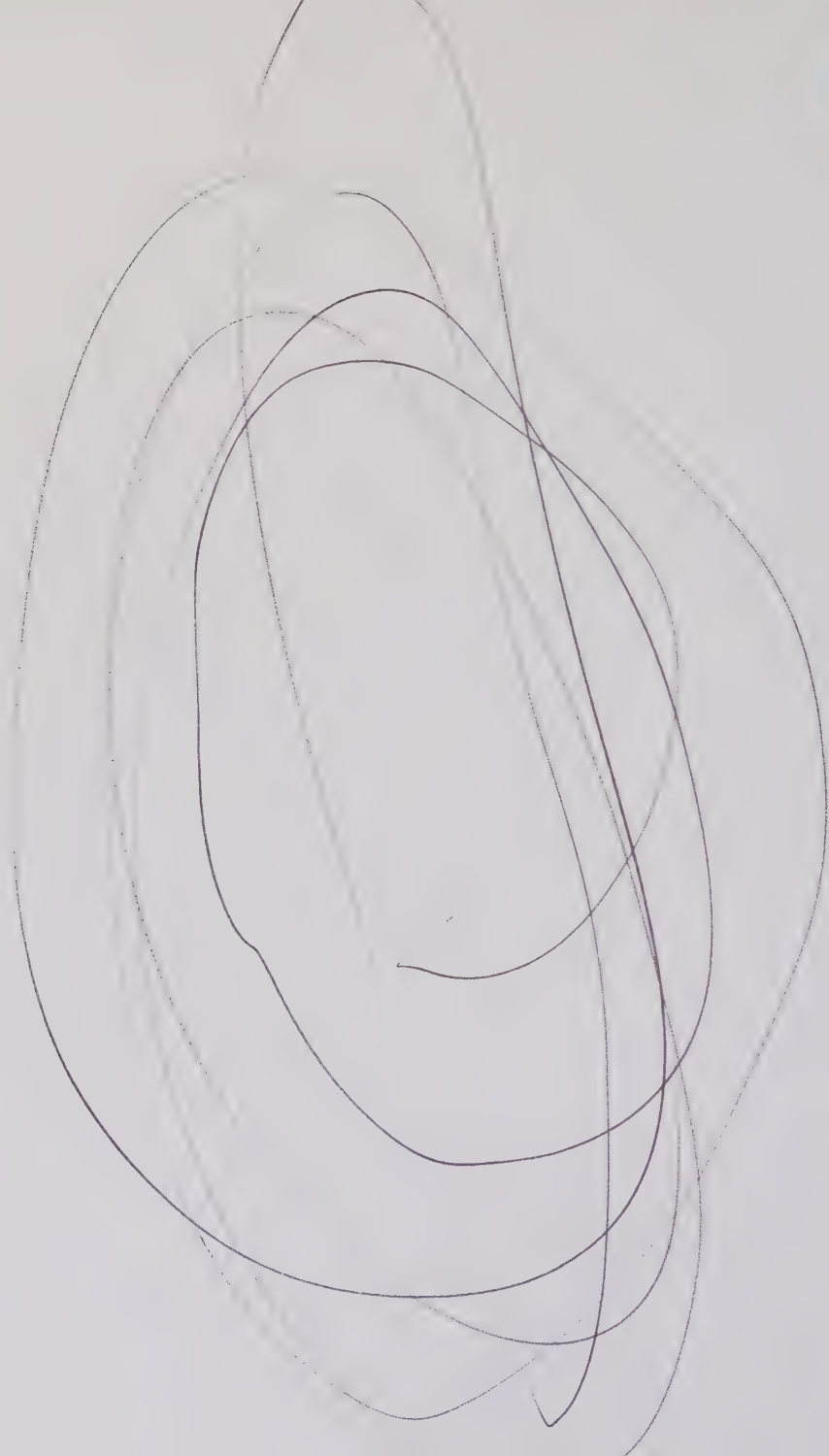
Keep the paper boat in sight to  
remind you of your achievements.  
Take a picture of it and post it using  
**#findyourownmagic** to help  
someone else find their inspiration.

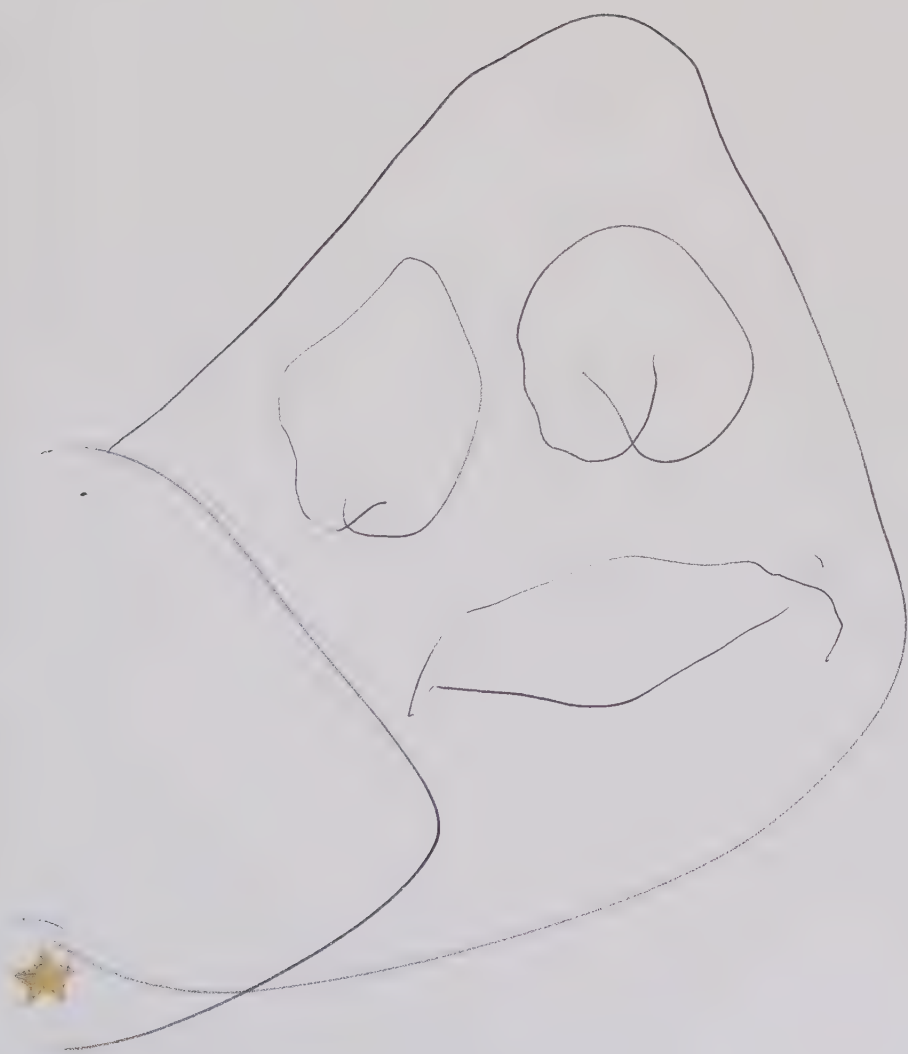
Pull outwards

# Weekly Notes









## Self Reflection

Which are the top 3 challenges from *Find Your Own Magic* I found most beneficial for myself and why? Would I like to keep them as a routine?

What are the top 3 things I improved about myself and the people I love during the past 12 months and how?



## Monthly Main Goal Tracker

How close did I get to my goal? Have I achieved it or I need to take a few more steps? How does my progress makes me feel?

Did I enjoy the process?

If I got what I wanted - how can I keep it?  
If I need to do more work about it - what slowed me down? Should I  
change my approach?

If you ever feel lost, remind these to yourself:

Spend some time dreaming and then extend into actions

Believe in your journey

Trust the magic of new beginnings

Remind yourself to practice courage

Stay inspired

Follow curiosity

What I am searching for is searching for me

Stay humble

‘Wherever you are and whatever you do, be in love’

Brilliant things can happen in a mind that is calm

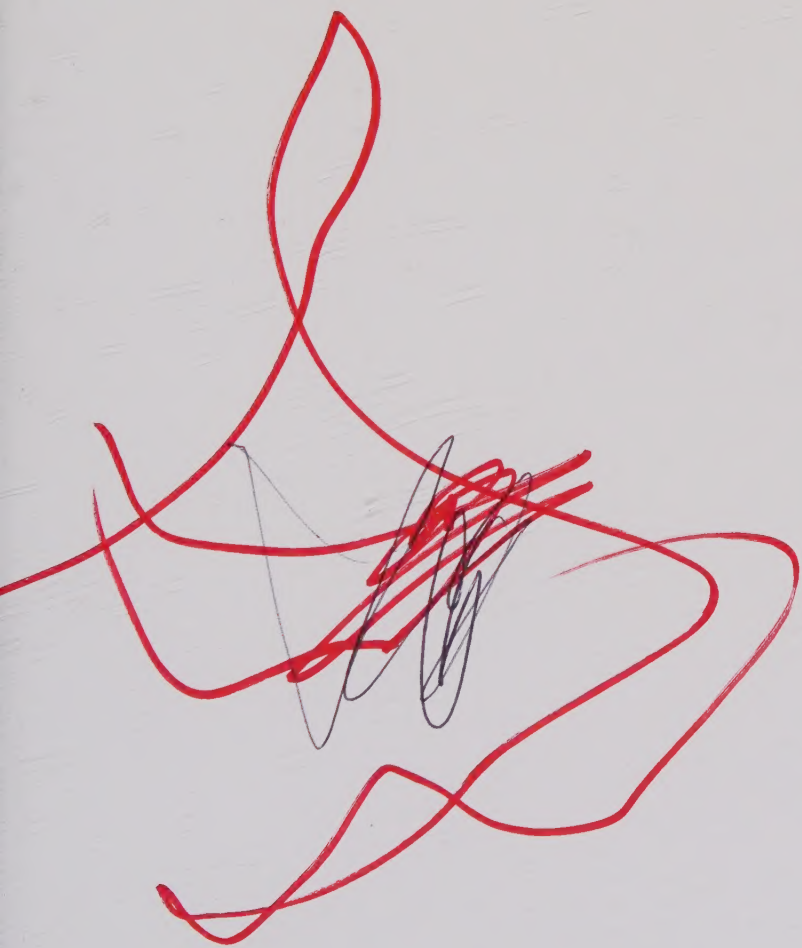
Give to receive

Allow the unexpected











You are about to set the beginning of a beautiful experience.

The book you're holding is a carefully created, illustrated guide that will help you stay inspired and focused on the way to bringing your dreams into the physical world.

This guided journal combines techniques that mix psychology, science and some 'miracles' that are proven to enhance the quality of one's life. Techniques that helped me revive my biggest passion. And somehow they empowered every aspect of my life with amazing opportunities and.. love! I am so excited to share these practices with you. They've been written with love and garnished elegantly with illustrations, inspired by the depths of the sea and the Universe.

You can start your journal at the beginning of any month of the year. There are 12 sections - each one is dedicated to one month and contains:

- + a challenge
- + pages for your notes
- + self-reflection questions
- + a goal tracker

I believe that we are the creators of our own journey. And every one of us has the power to craft that journey in a beautiful, meaningful and fulfilling way.

The book is hand illustrated by me. I hope it brings inspiration to your journey of self-discovery and growth!

With Love,  
Elizabeth



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#findyourownmagic  
[www.findyourownmagic.space](http://www.findyourownmagic.space)